

# DINNERLY



## Provencal Fish Stew with Potato and Parsley Drizzle



30 minutes



2 Servings

This seriously tasty fish stew is inspired by the French bouillabaisse. Tender chunks of fish and potato are simmered in a tomatoey broth, with a vibrant parsley drizzle for a fresh finishing touch.

## WHAT WE SEND

- 1 onion
- 1 potato
- parsley
- basa fish pieces <sup>4</sup>
- 5g country seasoning <sup>17</sup>
- 400g diced tomatoes

## WHAT YOU NEED

- 1 garlic clove
- 2 tbs olive oil
- 2 tsp tomato paste
- 1 tsp sugar

## TOOLS

- medium saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Fish (4), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 420kcal, Fat 20.9g, Carbs 32.7g, Proteins 22.8g



### 1. Prep ingredients

Finely chop the **onion**. Cut the **unpeeled potato** into 2cm chunks. Finely chop the **parsley** leaves and stems. Crush or finely chop **1 garlic clove**. Cut the **fish** into 4cm chunks.



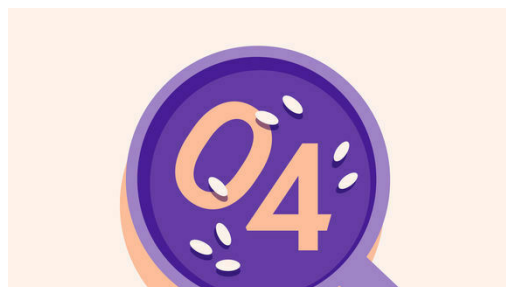
### 2. Simmer stew

Heat **2 tsp olive oil** in a medium saucepan over medium-high heat. Add the **onion**, **country seasoning**, **half the garlic** and **2 tsp tomato paste** and cook, stirring, for 2 mins. Add the **potato**, **tomatoes**, **1 tsp sugar** and **180ml (¾ cup) water**, cover and bring to the boil. Reduce the heat to medium and simmer for 10 mins or until the potato is just tender.



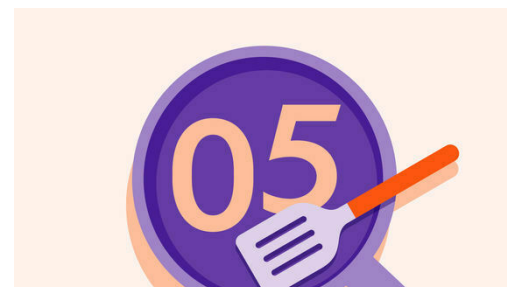
### 3. Add fish

Add the **fish** to the stew, cover and cook for a further 5 mins or until the fish is cooked through (see Kitchen 101) and the potato is tender. Taste, then season with **salt and pepper**. Remove the pan from the heat.



### 4. Make parsley sauce

Meanwhile, combine the **parsley**, **remaining garlic**, **1½ tbs olive oil**, **2 tsp water** and a **pinch of salt** in a bowl.



### 5. Serve up

Divide the **fish stew** among bowls, drizzle with the **parsley sauce** and enjoy!



### 6. Kitchen 101

Not sure if your fish is cooked through? Simply remove a piece of fish from the soup and flake it with a fork; if it comes apart easily, the fish is cooked.